



# Kursplan, gültig ab 13.03.2019



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07:00						
08:00	07:30 BauchBeinePo 06 *** Short Cut (26 Min)	07:15 Born Strong * Short Cut (26 Min)	07:30 Build The Pressure ** Basic (57 Min)			
09:00	08:30 All In One ** Short Cut (27 Min)	07:45 Pilates 03 * Short Cut (27 Min)		08:00 BauchBeinePo 05 *** Short Cut (26 Min)		
10:00	09:30 TotalBodyWorkout 05 *** Short Cut (26 Min)				09:30 Build Fire ** Basic (55 Min)	09:00 Catch Me ** Short Cut (27 Min)
11:00	10:00 BauchBeinePo 05 *** Short Cut (26 Min)	10:00 2 Pack * Short Cut (28 Min)	10:00 Overjoy ** Basic (56 Min)			09:30 BodyVital 01 * Short Cut (27 Min)
12:00	11:00 Born Strong * Short Cut (26 Min)	10:30 BauchBeinePo 04 ** Short Cut (26 Min)				10:00 BauchBeinePo 05 *** Short Cut (26 Min)
13:00	11:00 FatAttack 05 ** Short Cut (26 Min)		11:00 Pilates 01 * Short Cut (27 Min)			10:30 RückenFit 08 * Short Cut (26 Min)
14:00	11:30 All In One ** Short Cut (27 Min)			11:30 Catch Me ** Short Cut (27 Min)	11:30 Across The Borderline ** Extended (83 Min)	11:00 Build Fire ** Basic (55 Min)
15:00	12:15 Dance 01 ShortCut ** Short Cut (27 Min)	12:00 Build Fire ** Basic (55 Min)	12:00 Across The Borderline ** Extended (83 Min)	12:15 TotalBodyWorkout 06 ** Short Cut (25 Min)		12:30 BauchBeinePo 08 ** Short Cut (26 Min)
16:00	13:00 Born Strong * Short Cut (26 Min)	13:00 SportyShorty * Short Cut (30 Min)		12:45 Climb To The Max * Basic (49 Min)	13:00 FatAttack 04 *** Short Cut (26 Min)	13:00 Born Strong * Short Cut (26 Min)
17:00	14:00 Long Way Home *** Extended (85 Min)		14:00 Climb To The Max * Basic (49 Min)	14:00 All In * Short Cut (27 Min)	13:30 Born Strong * Short Cut (26 Min)	13:30 Basic Stretching * CyberTraining (12 Min)
18:00	15:00 BodyVital 01 * Short Cut (27 Min)	15:00 SmartRide - Road Edition *** Short Cut (31 Min)			14:30 Pilates 02 * Short Cut (26 Min)	14:20 Dance 02 ShortCut ** Short Cut (27 Min)
19:00	16:00 All In One ** Short Cut (27 Min)	16:00 Climb To The Max * Basic (49 Min)	15:30 RückenFit 01 * Short Cut (27 Min)	15:30 Born Strong * Short Cut (26 Min)		15:00 Build The Pressure ** Basic (57 Min)
20:00	17:00 Pilates 03 * Short Cut (27 Min)	17:00 RückenFit 02 * Short Cut (27 Min)	16:00 FatAttack 01 *** Short Cut (27 Min)	16:30 Born Strong * Short Cut (26 Min)	15:45 Burning Up ** Basic (53 Min)	16:00 TotalBodyWorkout 05 *** Short Cut (26 Min)
21:00	17:00 BauchBeinePo 06 *** Short Cut (26 Min)	17:00 Burning Up ** Basic (53 Min)	17:00 FatAttack 01 *** Short Cut (27 Min)	17:00 RückenFit 03 * Short Cut (26 Min)		16:45 CoreWork 08 *** Short Cut (26 Min)
22:00	18:00 Crash & Burn II *** Basic (52 Min)	18:00 BauchBeinePo 06 *** Short Cut (26 Min)	18:00 BauchBeinePo 07 ** Short Cut (26 Min)	17:15 2 Pack * Short Cut (28 Min)	17:00 FatAttack 07 ** Short Cut (25 Min)	
23:00	18:28 CoreWork 05 ** Short Cut (26 Min)			19:00 FatAttack 06 ** Short Cut (26 Min)		
		19:30 Build The Pressure ** Basic (57 Min)				
	20:00 Catch Me ** Short Cut (27 Min)		20:05 BauchBeinePo 08 ** Short Cut (26 Min)	20:00 TotalBodyWorkout 03 ** Short Cut (27 Min)		
	20:45 FatAttack 08 ** Short Cut (26 Min)	20:30 TotalBodyWorkout 03 ** Short Cut (27 Min)	20:36 Basic Stretching * CyberTraining (12 Min)			

Die CyberCycling Classes sind in 3 Technik-Level unterteilt, die farblich und durch Sternchen (\*, \*\* oder \*\*\*) gekennzeichnet sind.

Level \*: Anfänger/fortgeschrittene Anfänger

Level \*\*: Fortgeschrittene

Level \*\*\*: hoher Anspruch auch für Fortgeschrittene



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